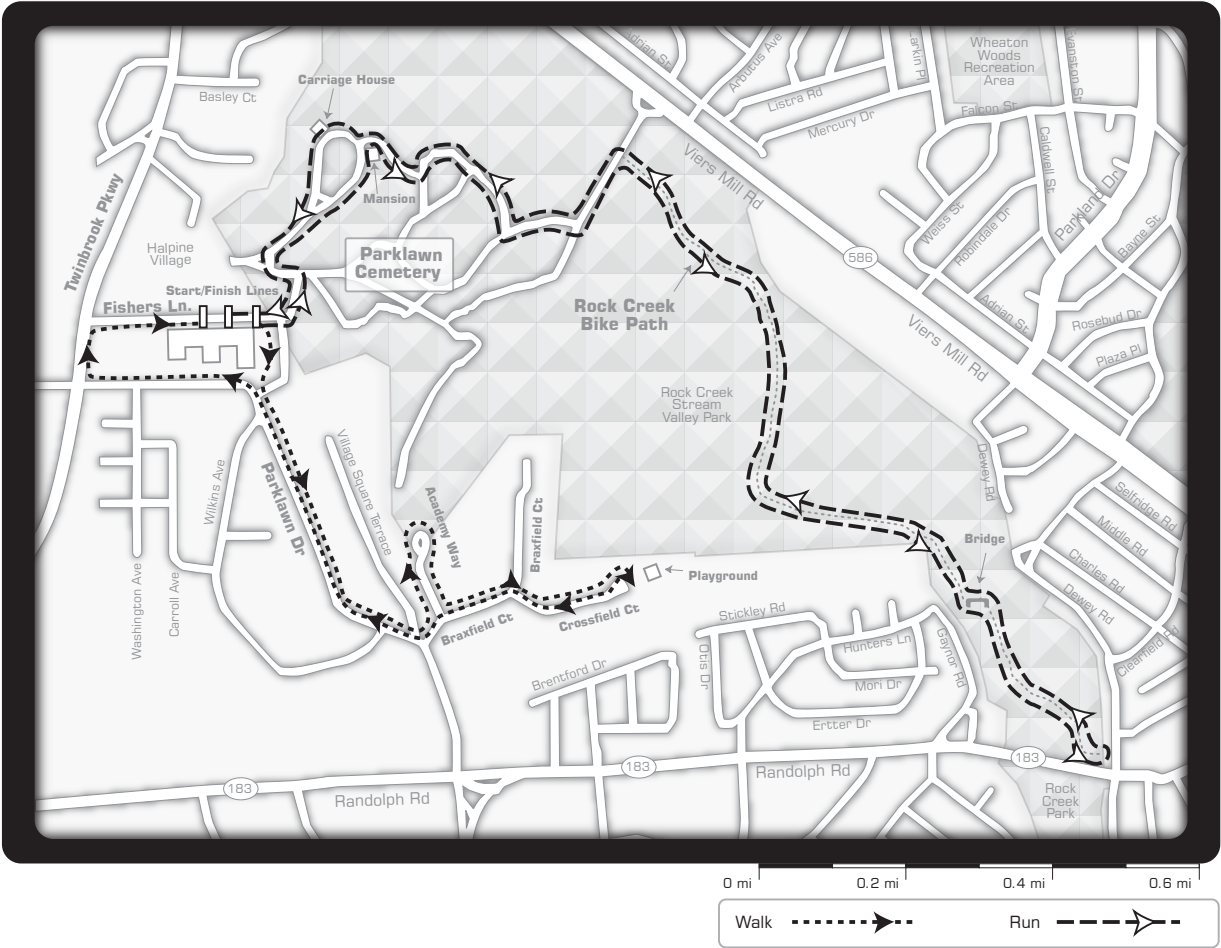




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**2.5 MILE HEALTH WALK**

Three upgrade hills of note. **START** at the north parking lot off Fishers Lane. Proceed along east side of building to Parklawn Drive. Left on Parklawn to Braxfield Court. Left on Braxfield Court to Academy Way. Left on Academy Way around circle, back to Braxfield Court. Left on Braxfield Court around circle to Crossfield Court to end of street. U-turn at end of Crossfield Court. Left on Braxfield Court to Parklawn Drive. Right on Parklawn Drive to Twinbrook Parkway. Right on Twinbrook Parkway to Fishers Lane. Right on Fishers Lane to the **FINISH LINE**. **WALKER AWARDS:** All finishers will receive a Health Walk Ribbon.

**FIVE (5) MILE RUN**

**START** on Fishers Lane, run through cemetery entrance, bear left, turn left at first intersection (triangle) towards office/mansion, make a sharp right after office/mansion, follow road bearing left at each of the four successive intersections, towards Veirs Mill Rd., turn right onto Rock Creek Park bike path (stay on right side of bike path), continue on bike path to Randolph Rd. turn around at the end of the bike path at the corner of Randolph Rd. and Dewey and return the way you came, at the mansion turn right pass the carriage house and follow road back to the Parklawn Bldg. to the finish line on Fishers Lane.

**AWARD DISTRIBUTION**

- Trophies to the first three men and women overall, plus medals to the top age- group finishers as follows (no duplicate awards):

Age Group:	01-29	30-34	35-39	40-44	45-49	50-54	55-59	60-99
Men:	1	2	3	4	4	3	3	2
Women:	1	2	3	3	2	2	1	1

**TEAM COMPETITION**

By Agency. No limit to the number of runners each Agency may enter. Scoring performed by total time of first five males plus three females from each Agency. Runners, by checking Agency Block, are automatically added to the appropriate team roster.